

## Member News

### Friendly Callers:

If you are a friendly caller volunteer, please call your assigned member and check on how they are feeling. If you speak with a member who expresses a need, please have them contact the center at 215-546-5879 for assistance with services. Please be safe and thank you for being a volunteer at the Philadelphia Senior Center Arts Branch!

**CCT Share Rides** available for supermarket senior hours, pharmacy and medical appointments. Please call the center for more information 215-546-5879 about any of these services.

### Are You Experiencing Any Of These Issues:

- Stress and anxiety
- Dealing with the loss (or anticipated loss) of a loved one
- Overwhelmed or facing challenges regarding family responsibilities and obligations
- Struggling with a relationship
- Feeling underappreciated and/or undervalued
- Feeling misunderstood by people whom they care about
- Feeling stress or fear due to the anxiety of social distancing

If so, please call the center to learn more about the Just Listening Program. Listeners are not therapists or counselors. Be assured that listeners will not attempt to fix, save, rescue, judge, or otherwise change you... What they will do is offer an empathetic, nonjudgmental listening ear in a safe, supportive, and confidential 'space'.



Philadelphia Senior Center receives funding from indicating funding from Philadelphia Corporation for Aging and the Pennsylvania Department of Aging.



Philadelphia Senior Center is funded by the Pennsylvania Department of Aging, the Philadelphia Corporation for Aging, the United Way, corporations, foundations and individuals. U.W. Donor Choice #000095

### MEMBERSHIP

Philadelphia Senior Center offers three levels of membership from free of charge to \$12 Silver option.

**Silver Membership:** Cost - \$12 annually discounts on Trips; PSC Stay Active delivered to your home; access to PSC Programs, Classes & Trips. You must be 60 or older for Silver Membership.

**Standard Membership:** Cost - FREE You must be 60 or older for Standard Membership.

**55+ Membership:** Cost - FREE All members under the age of 60 years old are required to pay \$3.25 the full cost of the congregate lunch.

For additional information, please call (215) 546-5879 or stop by the Front Desk.

info@newcourtland.org  
215-546-5879

Philadelphia, PA 19147  
509 South Broad Street



### Hi Great Members of PSC Arts Branch,

#### Lets *beat the heat* using the following suggestions:

- Drink plenty of water, even if you are not thirsty and avoid drinks with alcohol or caffeine. (If your ankles swell talk to your doctor.)
- Wear light-colored, lightweight, loose clothing (cotton-blends).
- If you go outdoors, use sunscreen, wear a hat and/or use an umbrella for shade.
- Spend as much time as possible in an air conditioned environment (like libraries or malls).
- Take additional cool baths and showers; use a spray bottle to sprinkle yourself with water.
- Use insulated drapes and keep blinds/shades closed during daylight, but have fresh air circulating.
- Travel when heat is less intense (early morning or later evening hours).
- Use a fan, but only when there is cool air blowing and a window is open.
- Cut down on vigorous activity in the heat of the day.
- Check with your doctor about your medication or any illness you may have and any special directions he/she may have during the hot weather.

#### Steps to Reduce Risk of Getting Sick with COVID 19

- Stay home if possible.
  - Wash your hands often.
  - Keep space between yourself and others (stay 6 feet away, which is about two arm lengths).
  - Clean and disinfect frequently touched surfaces.
  - Avoid all cruise travel and non-essential air travel.
- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick. If you, or someone you care about, is feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call
- 911
  - Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

Thank you,  
**Julie Nelson**  
Center Manager

**PSC Arts is closed until further notice. Grab and Go Meals will be available. Please note that this may change due to this very fluid Covid 19 crisis.**

**Please check the websites routinely: newcourtland.org and philasenorcenter.org or contact PSC Arts at 215-546-5879 to stay updated.**

**We strongly advise center members to make other arrangements while the center is closed.**

**The best way to protect yourself and others is to stay at home.**

## Ongoing Events

Due to the current COVID-19 pandemic all in center activities are on hold. Please contact PSC Arts at 215-546-5879 for information about current center services. Non-Perishable Care Packages available for center members who cannot come to the center for Grab & Go Meals. Please call the center for more information!

### Are you ready to Zoom?

Since we cannot meet face to face, we are going to use Zoom.

We have a calendar for the month of July with classes, events and discussions, we are hoping that you will join us. See the inside for the schedule.

This is a great opportunity to reconnect with staff, instructors and your center friends during this difficult time. Please share this information with other center members.

Thank you and we looking forward to seeing you on Zoom very soon!



## Weekly Zoom Classes

Zoom is very easy to use and there are several ways that you can access Zoom.

- If you have a computer, you can access Zoom. You can be seen on your smartphone, tablet or computer screen with other class participants.
- If you have a smartphone, computer or tablet you can download the Zoom App or visit www.zoom.us and click "Join a Meeting"
- If you do not have a computer, tablet or smartphone, there will be a phone number for you to call with an access code to enter to join the class.

### MONDAY-FRIDAY

#### LET'S TALK • 10:30-11:30AM

Do you have center questions or just want to chat? Please log onto Zoom or call in.

If you have any questions please contact the center at 215-546-5879

Zoom Meeting ID: 897 5553 3856  
Phone Call In #: 1-301-715-8592  
Access Number: 89755533856

#### Zoom Employee Call Schedule:

Mondays – Edwina  
Tuesdays – Kenya  
Wednesdays – Shareeda  
Thursdays – Caren  
Fridays – Julie

**We hope to see you soon on Zoom!!**



### MONDAYS

#### JAZZERCISE • 1-2PM

Meeting ID# 823 6903 3462  
Phone Call In #: 1-929-205-6099  
Then Type in the Meeting ID# #

#### FRENCH CLASS • 2-3PM

Meeting ID# 812 7924 9091  
Phone Call In #: 1-929-205-6099  
Then Type in the Meeting ID# #

### WEDNESDAYS

#### ZUMBA • 12:30-1PM

Meeting ID#830 5621 1588  
Phone Call In #: 1-929-205-6099  
Then Type in the Meeting ID# #

### THURSDAYS

#### CHOIR (CHORUS) 12 NOON-1PM

Meeting ID# 813 1252 5499  
Phone Call In #: 1-929-205-6099  
Then Type in the Meeting ID#

#### STORYTELLING & WRITING CLASS • 12:45-2PM

Meeting ID# 861 2259 2944  
Password: 783204  
Phone Call In #: 301-715-8592  
Then Type in the Meeting ID# and Password

### FRIDAY

#### BIBLE STUDY • 10-11AM

Phone Call In #: 617-769-8590 (NO ACCESS CODE)

#### BRIDGING THE GAPS INTERNS: HEALTH EDUCATION PRESENTATION • 1PM

Meeting ID# 871 4145 6112  
Password: BTG20  
Phone Call In #: 301-715-8592  
Password: 720123  
Then Type in the Meeting ID# and Password

**4<sup>th</sup>**  
**July**

*Independence Day*

## July 2020 Grab & Go Cold Box Lunches

Available Monday & Thursday, 9am-2pm  
Porch Area • Face Mask Required!

**Suggested Contribution \$1.25**

### Thursday, July 2

Turkey Pastrami w/American Cheese on Multigrain Bread, Lettuce Leaf, Tomato Slice, Red Pepper Ring Mayo Package, 1% Milk, Vanilla Pudding

### Monday, July 6

Deli Roast Beef on a Croissant w/ Swiss Cheese, Lettuce Leaf, Tomato Slice, Mustard Package, Cucumber & Tomato Salad w/ Italian Dressing, 1% Milk, Applesauce

### Thursday, July 9

Turkey Ham and Cheese on Whole Wheat Roll w/ Lettuce Leaf, Tomato Slice, and Mayo Package, Three Bean Salad, 1% Milk, Diced Peaches

### Monday, July 13

Sliced Turkey Club on a Wheat Bun, Bacon, Tomato, Lettuce Leaf, Three Bean Salad, 1% Milk, Fruit Cocktail

### Thursday, July 16

Turkey Pastrami w/American Cheese on Multigrain Bread, Lettuce Leaf, Tomato Slice, Red Pepper Ring Mayo Package, 1% Milk, Vanilla Pudding

### Monday, July 20

Deli Roast Beef on a Croissant w/ Swiss Cheese, Lettuce Leaf, Tomato Slice, Mustard Package, Cucumber & Tomato Salad w/ Italian Dressing, 1% Milk, Applesauce

### Thursday, July 23

Turkey Ham and Cheese on Whole Wheat Roll w/ Lettuce Leaf, Tomato Slice, and Mayo Package, Three Bean Salad, 1% Milk, Diced Peaches

### Monday, July 27

Sliced Turkey Club on a Wheat Bun, Bacon, Tomato, Lettuce Leaf, Three Bean Salad, 1% Milk, Fruit Cocktail

### Thursday, July 30

Turkey Pastrami w/American Cheese on Multigrain Bread, Lettuce Leaf, Tomato Slice, Red Pepper Ring Mayo Package, 1% Milk, Vanilla Pudding

